

# HUBUNGAN PENGETAHUAN DENGAN MINAT IBU HAMIL DALAM PENERAPAN SENAM HAMIL DI KLINIK PRATAMA AMANDA GAMPING YOGYAKARTA TAHUN 2023

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## INTISARI

**Latar Belakang:** Selama proses kehamilan akan menyebabkan perubahan pada tubuh yang menimbulkan ketidaknyamanan pada ibu hamil. Untuk mengurangi ketidaknyamanan selama hamil ibu hamil bisa melakukan senam hamil. Senam hamil adalah latihan fisik yang dilakukan untuk meningkatkan kesehatan fisik dan psikologis pada ibu hamil. Banyak layanan kesehatan sudah menjalankan kegiatan senam hamil seperti di Klinik Pratama Amanda. Berdasarkan hasil studi pendahuluan di Klinik Pratama Amanda, diperoleh data pada tanggal 3 Desember 2022–08 Februari 2023 jumlah ibu hamil yang periksa dengan usia kehamilan >22 minggu sebanyak 132 orang dan jumlah ibu hamil yang melakukan senam hamil hanya 8 orang (5%).

**Tujuan:** Mengetahui hubungan antara pengetahuan ibu hamil mengenai senam hamil dengan minat ibu hamil dalam penerapan senam hamil Di Klinik Pratama Amanda.

**Metode Penelitian:** Desain penelitian yang digunakan analitik *correlation* dengan pendekatan *cross sectional*. Sampel dalam penelitian adalah semua ibu hamil trimester II dan III dengan jumlah 44 responden yang diambil secara *accidental sampling*. Pengumpulan data menggunakan kuesioner. Pengolahan data menggunakan *Editing, Coding, Scoring, Tabulating* dan uji statistik *Spearman Rank*.

**Hasil:** Hasil penelitian menunjukkan sebagian responden mempunyai pengetahuan yang cukup dan minat sedang dalam penerapan senam hamil yaitu sejumlah 24 responden (54,5%). Uji statistik *Spearman Rank* menunjukkan bahwa  $p\text{ value} = 0,000 < \alpha (0,05)$  dan nilai  $r\ 0,734$ , yang berarti  $H_1$  diterima dan memiliki tingkat kekuatan kategori kuat.

**Kesimpulan:** Ada hubungan pengetahuan dengan minat ibu hamil dalam penerapan senam hamil Di Klinik Pratama Amanda.

**Kata Kunci:** Pengetahuan, Minat, Ibu Hamil, Senam Hamil

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# RELATIONSHIP BETWEEN KNOWLEDGE AND PREGNANT WOMEN'S INTEREST IN THE IMPLEMENTATION OF PREGNANCY EXERCISE IN PRIMARY CLINIC OF AMANDA GAMPING YOGYAKARTA 2023

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## ABSTRACT

**Background:** During the pregnancy process will cause changes in the body that cause discomfort to pregnant women. To reduce discomfort during pregnancy, pregnant women can do pregnancy exercises. Pregnancy exercise is physical exercise that is carried out to improve the physical and psychological health of pregnant women. Many health services have carried out pregnancy exercise activities such as at the Amanda Primary Clinic. Based on the results of a preliminary study at the Amanda Primary Clinic, data were obtained on 3 December 2022–08 February 2023, the number of pregnant women who checked with a gestational age > 22 weeks was 132 people and the number of pregnant women who did pregnancy exercise was only 8 people (5%).

**Objective:** To determine the relationship between the knowledge of pregnant women regarding pregnancy exercise and the interest of pregnant women in implementing pregnancy exercise at the Primary Clinic of Amanda.

**Research Method:** The research design used analytic correlation with a cross sectional approach. The sample in the study were all pregnant women in the second and third trimesters with a total of 44 respondents who were taken by accidental sampling. Data collection using a questionnaire. Data processing using Editing, Coding, Scoring, Tabulating and the Spearman Rank statistical test.

**Results:** The results showed that some respondents had sufficient knowledge and moderate interest in implementing pregnancy exercise, namely 24 respondents (54.5%). The Spearman Rank statistical test shows that  $\rho$  value = 0,000 <  $\alpha$  (0,05) and the value of  $r$  is 0,734, which means that H1 is accepted and has a strong level of category power.

**Conclusion:** There is a relationship between knowledge and the interest of pregnant women in implementing pregnancy exercise at the Primary Clinic of Amanda.

**Keywords:** Knowledge, Interest, Pregnant Women, Pregnancy Exercise

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